

prospective victim speaker questionnaire

Name _____ Date _____

1. How frequently in the last seven (7) days did you consciously avoid letting yourself get emotional when you thought about or were reminded of your victimization?
☐ not at all ☐ once or twice ☐ once every day or two ☐ once or twice daily ☐ a few times daily
☐ several times daily ☐ much of each day

2. How angry are you at the person who committed the crime?
never was angry ☐ no longer angry ☐ mildly angry ☐ moderately angry ☐ still very angry

3. How frequently in the last seven (7) days did you have bad dreams related to your victimization?
not at all ☐ once or twice ☐ once every day or two ☐ once or twice daily ☐ a few times daily
several times daily ☐ much of each day

4. Not counting medication you take to help you sleep, on how many days out of the last thirty (30) did you take prescription or non-prescription medication to help you feel more relaxed and calm?
_____ days ☐ None

5. How much discomfort have you experienced in the past seven (7) days from thoughts of ending your life?
not at all ☐ a little bit ☐ moderate amount ☐ quite a bit ☐ an extreme amount

6. When you consider all aspects of your life, how happy would you say you are these days?
☐ very happy ☐ pretty happy ☐ not very happy ☐ very unhappy

7. How often in the last seven (7) days were you distressed about blaming yourself for things in general?
not at all ☐ a little bit ☐ moderate amount ☐ quite a bit ☐ an extreme amount

List any concerns you may have about speaking on a Victim Impact Panel.